

Boston's Age Strong Commission

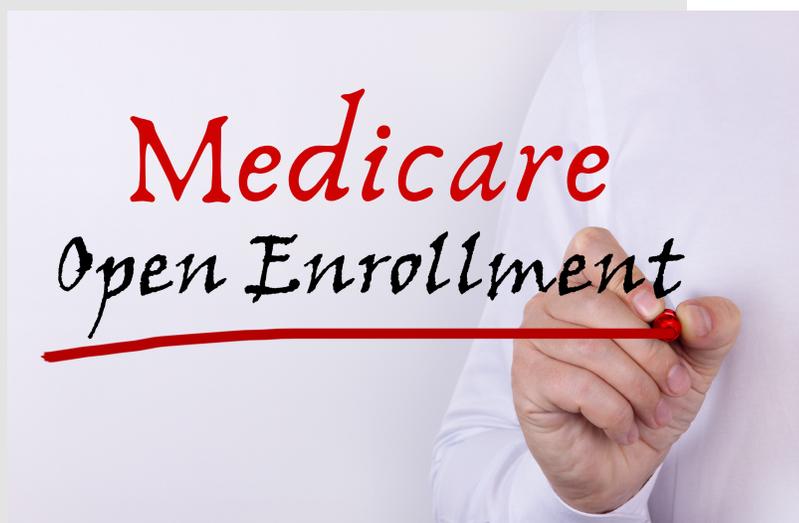
Weekly Digest

October 11-17, 2021

Information & opportunities for Boston's older adults

Let Boston's Age Strong Commission Help You with Benefits

The annual Medicare Open Enrollment period starts October 15 & runs through December 7. This is the time you can compare & change plans to make sure you get the best coverage at the least cost.



Age Strong advocates can help Boston's older adults apply for benefits including SNAP (supplemental nutrition assistance program, formerly food stamps), fuel assistance (in partnership with ABCD), & Seniors Save program that replaces furnaces for older adults.

Reach out to Age Strong at 617-635-4366 for help with your Medicare or to find out what benefits YOU may qualify for!

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City of Boston
Age Strong
Commission



BECOME AN AGE STRONG RSVP VOLUNTEER!

Are you interested in serving your community in a way that suits your schedule, skills, and interest? Serve as an AmeriCorps Seniors volunteer in our RSVP program. AmeriCorps Senior volunteers report better health & longevity having served their neighbors & community.

- Provide in-person or virtual companionship to homebound & frail older adults
- Support adult ESL in conversation sessions, one-on-one, or in ESL classes
- Provide the gift of respite to a caregiver in need of a break
- Prepare tax returns for older Bostonians
- Become a 'bus buddy' by teaching older adults how to navigate public transportation
- Facilitate opioid prevention & education workshops
- Facilitate financial wellness & scam prevention workshops

To sign up, contact

Age Strong at 617-635-4366 or email agestrong@boston.gov.





MONDAY, OCTOBER 11

9:30am

Age Strong Commission Virtual Chair Yoga

Click [here](#) to attend via Zoom.

TUESDAY, OCTOBER 12

9:30am

BPL: Virtual: Career Skills: Effective Communication

Click [here](#) to register & for more information.

11am-6pm

Copley Square Farmers Market

139 St. James Avenue, Copley Square

Click [here](#) for more information.

11:30am

Age Strong Commission Virtual Zumba

Click [here](#) to attend via Zoom.

12noon-1pm

Tuesday Tunes on The Greenway: AfroDesiaCity

Dewey Square, Atlantic Ave/Summer Street

Click [here](#) for more information.

6pm

Parks Fitness: Salsa with MetaMovements

O'Day Playground

75 West Newton Street, South End

For more information, click [here](#).

WEDNESDAY, OCTOBER 13

10am

Parks Fitness: Chair Yoga with Karma

Symphony Park

39 Edgerly Road, Fenway/Kenmore

For more information, click [here](#).

11am

Virtual: Workforce Development: Interview Basics Workshop

Click [here](#) to register & for more information.

11:30am

Age Strong Commission Virtual Yoga

Click [here](#) to join via Zoom.

12noon-1pm

Wandering Wednesdays with Boston Music Project

Rose Kennedy Greenway, Pearl

Street/Atlantic Avenue

Click [here](#) for more information.

2-6:30pm

Allston Farmers Market

Brighton Common

30 Chestnut Hill Ave, Brighton

Click [here](#) for more information.

2-6:30pm

Charlestown Farmers Market

Main & Austin Streets, Charlestown

Click [here](#) for more information.

3pm

**BPL: Virtual: Shelf Service Live
Personalized Reading**

Recommendations from BPL

Librarians

Click [here](#) to register & for more information.

3-6:30pm

East Boston Farmers Market

1 P William C Kelly Square, East Boston

Click [here](#) for more information.

6pm

**Parks Fitness: Line Dancing with
Rhythm Riders**

Franklin Park (Refectory Hill)

1 Circuit Drive, Dorchester

For more information, click [here](#).

THURSDAY, OCTOBER 14

7am

Parks Fitness: Tai Chi with Joseph

Elliot Norton Park

295 Tremont Street, South End

For more information, click [here](#).

11am

Parks Fitness: Virtual Chair Yoga with Ivor

For more information & to register, click [here](#).



11am-4pm

Dewey Square Farmers Market

700 Atlantic Avenue, South Boston

Click [here](#) for more information.

12noon-1pm

**Takeout Thursdays on The Greenway with
Berklee College of Music**

Dewey Square Park, Atlantic Ave/Summer St.

Click [here](#) for more information.

2pm

BPL: Virtual: Chair Yoga for Older Adults

Click [here](#) to register & for more information.

2-6pm

Seaport Farmers Market

Sea Green Park

21 Stillings Street, South Boston

Click [here](#) for more information.

3-6pm

Blue Hills Farmstand

162 Blue Hills Avenue, Dorchester

Click [here](#) for more information.



5-8pm

Salsa Dance Party Celebrating Hispanic Heritage

City Hall Plaza, Outdoors

Click [here](#) for more information.

5:30pm

City Winery on The Greenway Movie Night: "The Nightmare Before Christmas"

Click [here](#) for more information.

7pm

BPL: Virtual: Kanopy Club "Loving Vincent"

Watch the film on Kanopy then a Zoom discussion.

Click [here](#) to register & for more information.

FRIDAY, OCTOBER 15

9:30am

BPL: Virtual: Career Skills: Loneliness while Job Searching

Click [here](#) to register & for more information.

10am-12noon

BPL: Virtual: Virtual Drop-in Office Hours: Legal Services Center

Click [here](#) to register & for more information.

11am-6pm

Copley Square Farmers Market

139 St. James Avenue, Copley Square

Click [here](#) for more information.

11:30am

Age Strong Commission Virtual Meditation

Click [here](#) to join via Zoom.

10am-12noon

Ashmont Farmers Market

1900 Dorchester Avenue, Dorchester

Click [here](#) for more information.

"Life is about enjoying yourself and having a good time." -Cher

TAXI COUPONS FOR SALE!

Discounted taxi coupons are available for Boston residents age 65+ & persons with disabilities. Coupons can be used in taxis licensed by the City of Boston.

Please show an ID showing your Boston residency. Each coupon book costs \$5 (worth \$10), please pay with cash. Coupons don't expire. For a limited time, each resident may buy 4 coupons/month.

Coupons are available at the Age Strong Commission Monday-Friday, 9am-5pm, 1 City Hall Square, Room 271 Boston as well as various sites.

Click [here](#) to view the list of sites or call 617-635-4366.



Reminder



Boston's Municipal Election
Tuesday, November 2, 2021
Choose Boston's next Mayor & City Councilors

Register to vote by October 13 online, by mail, or in-person.
Click [here](#) for more information.

Vote early in Boston starting October 23, by mail or in-person.
Click [here](#) for more information.

List of licensed Boston taxi companies:

- Top Cab: 617-266-4800
- Boston Cab Assoc.: 617-536-3200
- I.T.O.A. Cab Assoc. 617-825-4000
- City Cab Assoc.: 617-536-5100
- Metro Cab Assoc.: 617-782-5500
- Tunnel Taxi: 617-567-2700
- 617TaxiCab Inc: 617-829-4222

SATURDAY, OCTOBER 16

9am-1:30pm

Roslindale Farmers Market

Adams Park

4225 Washington Street, Roslindale

Click [here](#) for more information.

9am-12noon

Fields Corner Farmers Market

500 Geneva Avenue, Dorchester

Click [here](#) for more information.

10am

Parks Fitness: Restorative Yoga with Born Bi-Kim

Marcella Playground

260 Highland Street, Roxbury

For more information, click [here](#).

10am-4pm

Chinatown Farmers Market

Rose Kennedy Greenway, Chinatown

Click [here](#) for more information.

11am-2pm

Codman Square Farmers Market

360 Talbot Avenue, Dorchester

Click [here](#) for more information.

11am-6pm

The Greenway Artisan Market

Atlantic Avenue/State Street

Click [here](#) for more information.

3pm

Celebrity Series of Boston

Presents Charles Overton Group

Salvation Army Kroc Center

650 Dudley Street, Dorchester

Click [here](#) for more information.

SUNDAY, OCTOBER 17

11am-3pm

SOWA Farmer's Market

500 Harrison Avenue, South End

For more information, click [here](#).



BOSTON SENIOR CENTERS!

Please contact each center as in-person hours & programs may be in flux due to Covid protocols.

La Alianza Hispana, Aliancianos Senior Center

1000 Massachusetts Avenue, Suite 101,
Roxbury
617-427-7175

Inquilinos Boricuas en Accion, IBA

405 Shawmut Avenue, South End
617-535-1753

ABCD North End/West End Neighborhood Service Center

1 Michelangelo Street, North End
617-523-8125

ABCD Mattapan Family Service Center

535 River Street, Mattapan
617-298-2045

Boston Center for Youth & Families Grove Hall

51 Geneva Ave Dorchester
617-635-1484

Boston Center for Youth & Families Golden Age Center

382 Main Street, Charlestown
617-635-5175

Veronica B. Smith Senior Center

20 Chestnut Hill Avenue, Brighton
617-635-6120

Greater Boston Chinese Golden Age Center Brighton House

677 Cambridge Street, Brighton
617-789-4289

Greater Boston Chinese Golden Age Center Quincy Towers

5 Oak Street West, Chinatown
617-423-7560

Salvation Army Kroc Center

650 Dudley Street, Dorchester
617-318-6939

VietAID

42 Charles Street, Dorchester
617-822-3717

Operation PEACE Peterborough Senior Center

42 Peterborough Street, Fenway
617-536-7154

The Kennedy Center

55 Bunker Hill Street, Charlestown
617-241-8866

East Boston Social Center

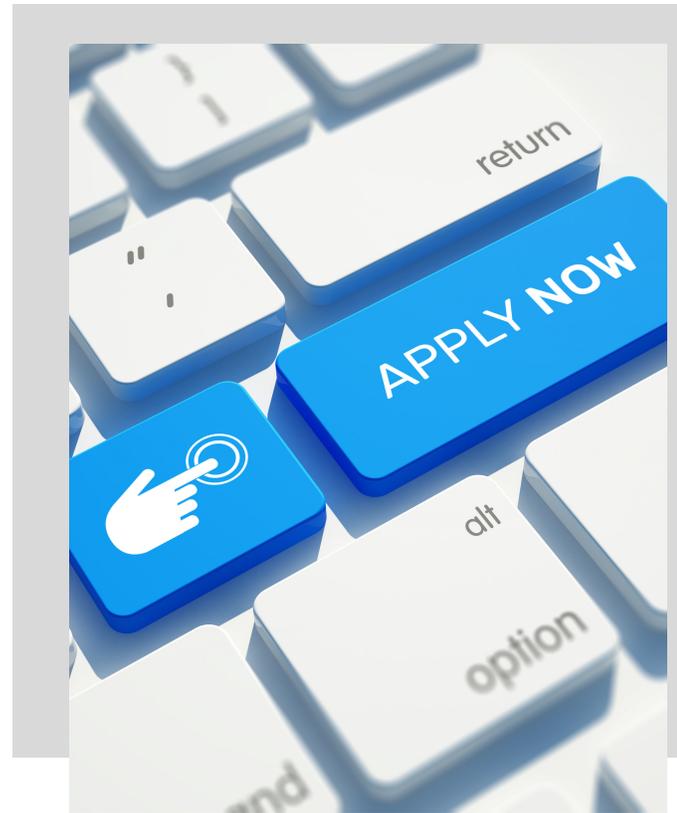
68 Central Square, East Boston
617-569-3221

South Boston Neighborhood House

136 H Street South Boston
617-268-1619

GET HELP PAYING FOR YOUR HEATING FUEL

The Age Strong Commission works with ABCD (Action for Boston Community Development) to help qualifying older adults pay your winter heating bill. The program is available to homeowners & renters even if you live in non-subsidized housing with heat included in your rent. Age Strong can help you figure out if you meet the qualifications & with the application process. Call Age Strong at 617-635-4366 for an appointment!



STAY CONNECTED TO BOSTON'S AGE STRONG COMMISSION

AGE+

In-person: City Hall, Room 271,
1 City Hall Square, Boston, MA 02201

By telephone: 617-635-4366

By email: agestrong@boston.gov

Website: boston.gov/agestrong

Facebook:

[Facebook.com/agestrongbos](https://www.facebook.com/agestrongbos)

Twitter: [@AgeStrongBos](https://twitter.com/AgeStrongBos)